



## Word from RevLaura

**This week you can enjoy pancakes at Peterstow and get ashed on Wednesday, at How Caple or Bridstow.**

**Now we begin our time of Lent, this is a very special time of year when we get to journey with Jesus to the cross, and then we rejoice because of the resurrection. It is a good time to think about our own journey with God and think about where we are with Jesus. There are opportunities to engage in this season with the compline/reflection on the Thursday evenings, the first three at Peterstow and the final two at How Caple. Maybe you can pick up a book of reflections for this time of year to help you pray each day, there are many around, the Church House Publishing have a new one every year. Maybe you are giving something up, I have decided on Chocolate this year, because I know it must be something that will challenge me. May we all be blessed this Lent. Amen**

## Services

**Ash Wednesday 18<sup>th</sup> Feb – Ashing Services 10am at St Andrew's and St Mary's, How Caple (it is possible that this will be recorded for the Diocese use) please come along and be part of this and 7pm at St Bridget's, Bridstow**

**Sun 22<sup>nd</sup> Feb (purple) 1<sup>st</sup> of Lent Romans 5:12-19 and Matthew 4:1-11**

9.30am St Tysilio's, Sellack, Common Worship Communion

11.15am St Andrew's and St Mary's, How Caple, Book of Common Prayer Morning Prayer

11.15am St Bridget's, Bridstow, Common Worship Communion

**Thur 26<sup>th</sup> Feb – Lent Compline/Reflection 7pm at St Peter's, Peterstow**

**Sun 1<sup>st</sup> March - (purple) 2<sup>nd</sup> of Lent Romans 4:1-5, 13-17 and John 3:1-17**

9.15am St Andrew's and St Mary's How Caple, Book of Common Prayer, Morning Prayer

9.30am St Peter's, Peterstow, Common Worship Communion

11.15am St John the Baptist, Common Worship Communion

11.15am St Bridget's, Bridstow, Morning Prayer

**KINGS CAPLE:** Every 4<sup>th</sup> Sunday, "DROP INN" at Kings Caple Old School 3.

- 4.30pm for Coffee, tea cake and chat. Also: is anyone interested in Bell Ringing ask if you are interested! **And we are STILL**

**Sat 28<sup>th</sup> March 11am – 1pm Lent Lunch** Donations to Farming Minds venue the Old School.



**BRIDSTOW:** Church coffee morning 1<sup>st</sup> Wednesday of the month –

Bridstow Village Hall 10.30am – 12noon, coffee, chat, raffle, bring and buy table.

**PETERSTOW:** Coffee Mornings at St Peter's 1<sup>st</sup> and 3<sup>rd</sup> Monday each month



Pancakes at Peterstow  
Shrove Tuesday

And  
.....Lent  
Lunches



**HOW CAPLE:** 1<sup>st</sup> TUESDAY of the month – ZIGGISAURUS' in Church Playgroup 10 am – 12 noon. Lots of fun for everyone.

Every Friday 'gardening club' in the churchyard' all welcome contact Hilda: [auersperglee@outlook.com](mailto:auersperglee@outlook.com)

#### **ZOOM Meetings:**

Mid-day prayer – Tuesday and Thursday ID: 922 223 7750 Password: 77.

Wednesday Bible Study – led by Bishop Anthony (no theological background needed) For more info please contact Ann Owen ([ann@owenfamily.me.uk](mailto:ann@owenfamily.me.uk)) ID: 862 6084 4541 Password: Bible

**PILGRIMAGE MEETING FOR BENEFICE:** We had a great last meeting we will be meeting again on **Tue 17<sup>th</sup> March at 7pm Peterstow** to continue the discussions – please come and anyone is welcome who could not make the last meeting.

## Faith in Art Lent Course

Starting 24th February for 6 weeks

**Tuesday mornings 10am -12am at Round Oak Cottage, Bridstow HR9 6QJ**

Explore the images within you through painting, craft, poetry, music and Scripture.

Hands-on \* beginners welcome \* all materials supplied  
- just bring your hearts and minds.

For details or to book  
please email Kathy on: [kathy@priddis.me](mailto:kathy@priddis.me)  
Or telephone 01989 218503 and leave a message with your contact details

Maximum 9 places available - first come, first served.

### OTHER REGULAR SERVICES and coming up:

**2<sup>ND</sup> Wednesday of the Month (11<sup>th</sup> Feb) – Celtic Evening Prayer** at How Caple 6pm – 6.30pm

**3<sup>rd</sup> Sunday of the Month – Sanctuary (next one Feb 15th) –** Contemporary worship service, with discussion and prayer – Bridstow Village Hall 6pm – 7pm

**2<sup>nd</sup> Monday of each month, (9<sup>th</sup> March) we will have Contemplative Prayer Space – 2pm until 3pm** hosted by Ann Owen – please ask Ann or Laura if you would like to attend for the address

**We pray for:** all who are unwell, for Mike Swinnerton, Mike Tunnicliff, Margaret Artus, Eric Powell, Maggie Lewis, Mary Purry, Ann Owen, Hugh Thompson, Jack and Marian Everitt, Robert Stewart

Lent Compline with Reflections:

Thursday 7pm  
26th Feb, 5<sup>th</sup> March, 12<sup>th</sup> March at  
St Peter's, Peterstow  
and  
19<sup>th</sup> March, 26<sup>th</sup> March at St Andrew  
with St Mary, How Caple



**ASH  
WEDNESDAY  
SERVICES 18<sup>TH</sup> FEB 2026**



10AM AT ST ANDREW WITH ST MARY, HOW  
CAPLE  
7PM AT ST BRIDGET'S, BRIDSTOW  
SERVICE WTH ASHING

(Rector) Reverend Laura Hewitt email: [revlaurajane@gmail.com](mailto:revlaurajane@gmail.com) Tel: [07500345048](tel:07500345048) Day off: [Friday](#)

(Curate) Reverend Christine Cattanach email: [RevCatt@yahoo.com](mailto:RevCatt@yahoo.com) Tel: [07810701679](tel:07810701679) Days off: [Thur/Fri/Sat](#)

Facebook: [StowCaple Group](#) Website: [www.stowcaplechurches.co.uk](http://www.stowcaplechurches.co.uk) If you would like to join the StowCaple Churches Whatsapp Group please email Laura with your mobile number and giving permission for your number to be added. (This will be for news and prayer requests, and updates)

Our Church Near you site is <https://www.achurchnearyou.com/benefice/18-032BW/>